



RUTHERFORD COUNTY DEPARTMENT OF AGING/ SENIOR CENTER

*A North Carolina Certified
Center of Excellence*

193 Callahan-Koon Rd,
Suite 132
Spindale, NC 28160
828-287-6409

Monday
7:30 a.m. – 5:00 p.m.

Tuesday – Friday
8:30 a.m. – 5:00 p.m.

APRIL 2014

OUR MISSION:

**Rutherford County
Senior Center provides
opportunities for senior
adults to help them
maintain and enhance
their quality of life.**



**A UNITED WAY
MEMBER AGENCY**

THE SENIOR CENTER NEWSLETTER

FROM DIRECTOR ANGELA EZELL'S DESK

Dear Friends:

April is Physical Wellness Month. This is a great time to get in shape for summer and shed those winter clothes and extra pounds! Revitalize your body with healthy eating, enough sleep, and vigorous exercise. There are several aspects to physical wellness: a healthy diet, exercise, and emotional health. All of these aspects can be determining factors in managing stress and having healthy and happy lives. Every change you make towards living healthier indirectly reduces both physical and emotional stress in your life. Exercise can help eliminate mental stress while it also lowers the potential for life-threatening health complications. Changing your eating habits can also improve both your physical well-being and your stress levels.

April is a great month to get focused on your physical wellness. With good weather and the beauty of spring, there are more reasons now to get outside and start living healthy. Spend time everyday outdoors in the fresh air, and take time to relax. You don't have to make drastic lifestyle changes. You can take small steps to make the transition easier. Each small step takes you closer to the important end goal of physical wellness.

Please come join us in the many activities and programs we have planned at the Senior Center. Be sure to check out the calendar of events for April and come visit the Senior Center or one of our Satellite Sites! Remember to stay healthy and active to help ensure independence and successful aging!

Angela Ezell





REMINDER PRE-REGISTER FOR LUNCH

TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY BEFORE YOU PLAN TO EAT. For your convenience, you may pre-register up to 4 weeks in advance by using your MySenior scan card. **If circumstances change and you are UNABLE to come on a day that you have pre-registered for, just call the Senior Center at 287-6409 before 9:30 a.m. and cancel.**



VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Current volunteer opportunities include:

MEALS ON WHEELS VOLUNTEER:

Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program.

Approximately 2,000 meals are delivered each month to



an average of 90 participants of this worthwhile program. In addition to delivering a fresh, hot meal each weekday, the Meals on Wheels

volunteer is providing a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. Please contact Angela Ezell at 287-6411 for information on how to become a volunteer with Meals on Wheels.

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM (SHIIP) VOLUNTEER:

SHIIP volunteers help seniors at the Rutherford County Senior Center with questions regarding Medicare, Medicare supplements, Medicare claims processing,



Medicare Advantage, Medicare prescription drug plans, and long-term care insurance. Please contact Angela Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor today.

COUPON ROOM VOLUNTEER:

The Senior Center needs volunteers to help in the Coupon Room with clipping coupons, sorting the



coupons in the appropriate baskets, and going through the baskets to remove the expired coupons. Please contact Barbara 287-6413 or Crystal 287-1239 for more information.

The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. For more information call 287-6409.



HAPPY APRIL FOOL'S DAY

April 1 or April Fool's Day is probably one of the most "fun" days of the year! What other day are you "allowed" to play jokes and pranks on your friends, family and co-workers and have a built-in excuse?

Some people go to great lengths to pull off elaborate gags on those around them, but it's just as fun to play smaller, simpler pranks on as many people as possible throughout the day. Remember just don't take things too far or hurt anyone's feelings! What "pranks" will you do today? We will share some of your most favorite before lunch today.



SPECIAL SPEAKER - "2014 LEGISLATIVE PRIORITIES"

Date: Wednesday, April 2

Time: 10:30 a.m.

Location: Dining Room

Speaker: Larry Gregg, Rutherford

County's NC Senior Tar Heel delegate

The NC Senior Tar Heel Legislature was created to:

- to provide information to senior citizens on the legislative process and matters being considered by the NC General Assembly;
- promote citizen involvement and advocacy concerning aging issues before the NC General Assembly;
- assess the legislative needs of older citizens by convening a forum modeled after the NC Assembly.

Each of North Carolina's 100 counties has a delegate and one alternate delegate. Larry Gregg is Rutherford County's Senior Tar Heel delegate. Be here today as Larry addresses the following (5) top Legislative Priorities for 2014:

1. Funding for HCCBG (Home and Community Care Block Grant) services;
2. Maintain funding for senior centers;
3. Restore funding to sustain Project C.A.R.E. (Caregivers Alternatives to Running on Empty);
4. Ratio of CNAs to Residents in Nursing Homes;
5. Strengthen and fund North Carolina's Adult Protective Services Program.

SENIOR GAME PRACTICES:



FOOTBALL THROW PRACTICE

TUESDAY, APRIL 1

10:00 a.m.

PERFORMING ARTS TECHNICAL WORKSHOP

THURSDAY, APRIL 3

1:00 p.m.

This is a **REQUIRED** workshop for all people who are in the Performing Arts Show.



CORNHOLE PRACTICE

FRIDAY, APRIL 4

10:00 a.m.

SHUFFLEBOARD PRACTICE

FRIDAY, APRIL 4

10:00 a.m.



HORSESHOE PRACTICE

MONDAY, APRIL 7

10:00 a.m. & 1:00 p.m.

CORNHOLE PRACTICE

TUESDAY, APRIL 8

1:00 p.m.



BOCCE PRACTICE

WEDNESDAY, APRIL 9

1:00 p.m.

SILVERARTS PERFORMING ARTS FOLLIES

Join us for a night of fun and entertainment **FRIDAY, APRIL 4 at 7:00 p.m. for the SENIOR SILVERARTS PERFORMING ARTS FOLLIES.**

This event is open to the public, and admission is only \$2.00. There will be a variety of acts such as: dance, singing, comedy, and a few surprises! Bring your entire family and support our seniors as they compete for the "Best-Over-All" – Blue Ribbon and showcase their talent. It's sure to be a fun night!



North Carolina Senior Games



SPORTING EVENTS

SENIOR GAMES SPORTING EVENTS:

APRIL 10 – APRIL 25

The Sporting events include: Basketball Shooting, Spin Casting, Wii Bowling, Football Throw, Putt-Putt, Golf, Croquet, Badminton, Singles Bowling, Doubles Bowling, Mixed-Doubles Bowling, Swimming, Rummy-O, Mexican Train, Skip-Bo, Hand & Foot, Tennis, Softball Throw, Discus Throw, Shot Put, Bocce, Horseshoes, Corn Hole, Table Tennis, Shuffleboard, Billiards, and Archery. (See the "Senior Games Sporting Event Schedule" for dates and times of each of the above activities)

SENIOR GAMES SPORTING EVENTS

OPENING DAY: THURSDAY, APRIL 10

9:00 SilverStriders Fun Walk

10:15 Participants assemble in dining room

10:30 Opening Gala



PEN PALS

Date: Tuesday, April 8

Time: 10:30 a.m.

Join your fellow senior Pen Pals today and write to your Spindale Elementary Pen Pal. The Center is so proud of our senior pals - you are making a difference in the life of a child by caring and sharing your wisdom.



BLOOD PRESSURE CHECK

Date: Monday, April 14

Time: 9:00 – 11:00 a.m.

Sponsor: Rutherford Regional

It's time for the nurse from Rutherford Regional to come and conduct our monthly blood pressure checks. Don't forget to pick up your BP record card at the front desk for the nurse to record on.



Did you know.....

Hypertension is a chronic disease that can be controlled with medications, diet and exercise. Controlling blood pressure helps reduce the risk of stroke, heart disease, and kidney failure. It is important to monitor your blood pressure regularly.

ZUMBA

Day: Mondays

Dates: April 14, 21

Time: 5:30 p.m.

Instructor: Wavolyn Norville

When attempting to “tone up” or lose weight, finding exercise that is fun, easy, and modifiable for different fitness levels is crucial to a person’s success. Zumba is a great choice because it combines fun dance moves and upbeat music – some people say they “*do not even feel like they are exercising*” when they are doing Zumba! Join us on any of the above Mondays. Wavolyn is a “pro” at showing modifications to each movement, so no matter what your fitness level is you can achieve your maximum workout – and have fun doing it!



BIRTHDAY RECOGNITION

Date: Wednesday, April 30

Time: 11:30 a.m.

We will recognize all those who celebrated April birthdays.



FEBRUARY WALKING TOTALS:

David Adkins	1,170 minutes walked
Bobby Davis	720 minutes walked
Rachel Davis	720 minutes walked
Joanie Gaultney	545 minutes walked
Reid Gaultney	590 minutes walked
Betty McFarland	725 minutes walked
Annabelle Smith	780 minutes walked

SHIIP NEWS: “Understanding Medicare Enrollment Periods”



If you or a loved one is approaching the age of 65, it's important to understand when and how to enroll in Medicare. SHIIP, the Seniors' Health Insurance Information Program, is part of the NC Department of Insurance and can help people who have questions about the process. The Initial Enrollment Period is the period of time an individual has to sign up for Medicare when they first become eligible—usually at age 65. This period is three months before you turn 65, the month you turn 65 and three months after you turn 65. However, if you didn't sign up when you were first eligible for Medicare, you have the opportunity to sign up during the General Enrollment Period that runs each year between January

1 and March 31. If you enroll during the General Enrollment Period, your coverage will begin on July 1. Keep in mind, you may be charged a late enrollment penalty and have to pay a higher premium for Medicare Part A, Part B or both. If you didn't sign up for Medicare Parts A and/or B during your Initial Enrollment but had a group health plan based on current employment, a Special Enrollment Period is available to you. The Special Enrollment Period runs eight months starting on the month after employment ends or on the month the group health plan based on current employment ends, whichever occurs first. Usually, there is no late enrollment penalty if you sign up during a Special Enrollment Period. It is important to note that COBRA and retiree health plans are not considered coverage based on current employment, and beneficiaries of those plans are not eligible for a Special Enrollment Period when that coverage ends. **If you have questions about enrollment or any Medicare related issue, call the Rutherford County Senior Center at 287-6409 and make an appointment with our local trained SHIIP counselors. You will receive free, unbiased information about Medicare health care products.**

BOX TOPS FOR EDUCATION



The Senior Center has an ongoing project of collecting box tops for education for local schools. So clip those box tops and drop them in the jar located in the Center's coupon room. Box Tops for Education is one of the nation's largest school fundraising loyalty programs and has been helping schools succeed since 1996.

LET US KNOW WHAT YOU THINK

Your opinion and input is so important to us to know how to plan for the future. One way to give us your input is through our **SUGGESTION BOX** – located in the main lobby of the Senior Center. Paper and pen are provided and you do not have to sign your name – please include the date with your suggestion though. Additionally, you can always stop by our Director's office – Angela is willing to listen to your suggestions or comments. **This is YOUR Center and we welcome your feedback.**



COMING IN MAY.....

SENIOR GAMES CLOSING & AWARDS CEREMONY

Date: Friday, May 2

Time: 6:00 p.m.

Join us tonight for the wrap up of 2014's Senior Games. Also, the winners from the sporting events will be recognized and presented their award. A reception will follow at the close of the ceremony. All Senior Game participants (SilverArts, Performing Arts, and Sporting Events) are welcome and encouraged to attend.



SPECIAL THANKS TO OUR 2014 SENIOR GAMES SPONSORS:

Henry Boelens
Brew House
Gentiva Home Health
Go-Forth Services, Inc.
Golden Valley Missionary Methodist Church
Healing Touch Chiropractic Center
Henson Building Materials
Holland & Hamrick Architects PA
Humana MarketPOINT, Inc.
Making Ends Meet Consignment Store
Moore's Auto Sales
Moose Vending, Inc.
PNC Bank of Forest City
Rentals Unlimited
Rotary Club of Rutherford Club
Smith's Drugs of Forest City



THE TAIL-GATE YARD SALE

Sellers start cleaning out those closets, shoppers start saving up your dollars – it's almost time for this year's **TAIL-GATE YARD SALE**. This year's yard sale will be **FRIDAY, MAY 9 from 8-11:00 a.m.** (In case of rain, sale will be moved to May 16)

If you plan on participating, you must sign a "Tail-Gate Yard Sale Agreement form" and pay a \$10 deposit to reserve your spot. Your deposit will be refunded after you stay the entire length of the sale, or give a 24-hour notice if you are unable to attend. A drawing for spaces will be held **THURSDAY, MAY 8 at 11:15 a.m. in the dining room. Remember no tables will be provided.**



QUILTING CLASS

An interest has been expressed to have a quilting class at the Senior Center. Be watching the May newsletter and calendar for dates and times and more information. This will be a great opportunity for anyone who enjoys quilting or those that want to learn more about the timeless art.



MEMORIALS, HONORARIUMS, AND GIFTS

You can support the work of the Rutherford County Senior Center by making a donation "In Memory Of" or "In Honor Of" a senior or someone special.

All donations are tax deductible. Please make checks payable to: **Rutherford County Senior Center.** An acknowledgement letter will be sent on your behalf.

Please fill out the form below and return with your donation to: (call 287-6409 if you have questions)

Rutherford County Senior Center
193 Callahan-Koon Rd, Suite 132
Spindale NC 28160

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Amount: _____

In Memory of: _____

In Honor of: _____

SEND AN ACKNOWLEDGEMENT LETTER(S) TO:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Name: _____

Address: _____


City: _____ State: _____ Zip: _____

Thank you for your support.

ELLENBORO CONGREGATE MEAL PROGRAM

APRIL 2014

Located at: Bethel Baptist Church - 479 Main Street, Ellenboro NC 28040
Site Manager: Susan Toney Telephone: 453-8668 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Walking & Exercise 1 at Family Life Center 10:00 "April Fool's Day" History 11:00 Bingo	9:00 Walking & Exercise 2 at Family Life Center 10:00 Uses of Vinegar 11:00 "Taxes" - John's Laugh Lines	9:00 Walking & Exercise 3 at Family Life Center 10:00 Family Reunion Stories 11:00 "Enjoy Your Stay" – Word Search	9:00 Walking & Exercise 4 at Family Life Center 10:00 Blood Pressure Check 11:00 "Feeling Sporty?"
9:00 Walking & Exercise 7 at Family Life Center 10:00 "Dining at the Diner" Word Search 11:00 Name Your Favorite Sport	9:00 Walking & Exercise 8 at Family Life Center 10:00 National Parks 11:00 Bingo	9:00 Walking & Exercise 9 at Family Life Center 10:00 Person, Place, or Thing 11:00 What's your Favorite Cereal?	9:00 Walking & Exercise 10 at Family Life Center 10:00 "Spring Poems" 11:00 Favorite old TV Shows	9:00 Walking & Exercise 11 at Family Life Center 10:00 Blood Pressure Check 11:00 "Wild Life" – Crossword Puzzle
9:00 Walking & Exercise 14 at Family Life Center 10:00 "Birds of a Feather" Word Search 11:00 Recognition of April Birthdays	9:00 Walking & Exercise 15 at Family Life Center 10:00 "What's a Contraction" - Word Search 11:00 Bingo	9:00 Walking & Exercise 16 at Family Life Center 10:00 Blood Pressure Check 11:00 "McDonald's" - Word Search	9:00 Walking & Exercise 17 at Family Life Center 10:00 "Easter Fun"- Word Search 11:00 Easter Lesson w/Linda McCurry	18 CLOSED FOR GOOD FRIDAY 
9:00 Walking & Exercise 21 at Family Life Center 10:00 Bulletin Board Trivia 11:00 "Countries & Capitals" - Word Search	9:00 Walking & Exercise 22 at Family Life Center 10:00 This was the year.....1995 11:00 Bingo	9:00 Walking & Exercise 23 at Family Life Center 10:00 "Decorating Month" Word Search 11:00 Nat'l Decorating Month Pictures	9:00 Walking & Exercise 24 at Family Life Center 10:00 Trivia Plus 11:00 "Animatics" - Word Search	9:00 Walking & Exercise 25 at Family Life Center 10:00 Blood Pressure Check 11:00 "War in Vietnam" – Word Search
9:00 Walking & Exercise 28 at Family Life Center 10:00 "Naming Names" 11:00 Word Teasers	9:00 Walking & Exercise 29 at Family Life Center 10:00 Forgotten Items in the Attic 11:00 Bingo	9:00 Walking & Exercise 30 at Family Life Center 10:00 Stories of Cotton Mills 11:00 "That Old Yarn" - Word Search		

HENRIETTA CONGREGATE MEAL PROGRAM

APRIL 2014

Located: Henrietta 1st Baptist Church Social Hall - 2736 Harris-Henrietta Rd, Henrietta, NC 28076
Site Manager: Kay Aldridge Telephone: 657-5441 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Coffee & Chatter 1 9:30 Piano Music w/ Barbara Moore 10:30 Best April fool's joke you ever pulled	9:00 Coffee & Chatter 2 9:30 Piano Music w/ Barbara Moore 10:30 Peanut Butter & Jelly Day	9:00 Coffee & Chatter 3 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 4 9:30 Walking Inside 10:30 "Stress Relief" - Word Search 11:00 Biblical History w/Rev. Robert Harris
9:00 Coffee & Chatter 7 9:30 Blood Pressure Check 10:30 Craft Time – Easter Wreath 11:00 Easter Egg Roll	9:00 Coffee & Chatter 8 9:30 Piano Music w/ Barbara Moore 10:00 History of Easter, Easter Baskets & Easter Lilies	9:00 Coffee & Chatter 9 9:30 Piano Music w/ Barbara Moore 10:00 Easter bonnets & new clothes 10:50 Easter Eggs	9:00 Coffee & Chatter 10 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 11 9:30 Walking Inside 10:00 This was the year.....1983 11:00 Biblical History w/Rev. Robert Harris

HENRIETTA CONGREGATE MEAL PROGRAM – APRIL CALENDAR (CONT. FROM PAGE 6)

9:00 Coffee & Chatter 14 9:30 Blood Pressure Check 10:00 Craft Time – Easter Cards 11:00 Batter Up Crossword	9:00 Coffee & Chatter 15 9:30 Piano Music w/ Barbara Moore 10:30 Tax Laugh Lines INCOME TAX DAY	9:00 Coffee & Chatter 16 9:30 Piano Music w/ Barbara Moore 10:00 Cindy Street, Master Gardner 10:50 Trivia Plus	9:00 Coffee & Chatter 17 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Easter Party	18 CLOSED FOR GOOD FRIDAY 
9:00 Coffee & Chatter 21 9:30 Blood Pressure Check 10:00 Discussion – What did you do & eat for Easter?	9:00 Coffee & Chatter 22 9:30 Piano Music w/ Barbara Moore 10:30 Bring pictures of you in your Easter hat	9:00 Coffee & Chatter 23 9:30 Piano Music w/ Barbara Moore 10:00 Bulletin Board Trivia 11:00 Person, Place, Thing	9:00 Coffee & Chatter 24 9:30 Piano Music w/ Barbara Moore 10:00 Scattergories 10:50 Bingo	9:00 Coffee & Chatter 25 9:30 Walking Inside 10:00 No Housework Day 11:00 Biblical History w/Rev. Robert Harris
9:00 Coffee & Chatter 28 9:30 Piano Music w/ Barbara Moore 10:00 Group Discussion – What was your 1st car & gas prices then?	9:00 Coffee & Chatter 29 9:30 Piano Music w/ Barbara Moore 10:30 Goofy Humor & Goofy Definition	9:00 Coffee & Chatter 30 9:30 Piano Music w/ Barbara Moore 10:30 Recognition of April Birthday		

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM APRIL 2014

Located: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordton NC 28139

Site Manager: Joyce Bailey Telephone: 287-0960 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Coffee & Chatter 1 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 2 9:30 Word Search 10:00 Walking 10:30 Places to Explore: Pennsylvania Dutch Country 11:00 Joke for the day	9:00 Coffee & Chatter 3 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:00 Coffee & Chatter 4 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 7 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 8 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 9 9:30 Word Search 10:00 Walking 10:30 Decorating Month – Home & Yard Ideas 11:00 Chat Time w/Angela Ezell, SC Director	9:00 Coffee & Chatter 10 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:00 Coffee & Chatter 11 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 14 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 15 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition of April Birthdays	9:00 Coffee & Chatter 16 9:30 Word Search 10:00 Walking 10:30 Craft Time - Making Easter Bonnets	9:00 Coffee & Chatter 17 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet – Stephanie Deese, Instructor EASTER PARTY	18 CLOSED FOR GOOD FRIDAY 
9:00 Coffee & Chatter 21 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 22 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 23 9:30 Word Search 10:00 Walking 10:30 Craft Time – Spring Floral Arrangements	9:00 Coffee & Chatter 24 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet – Stephanie Deese, Instructor	9:00 Coffee & Chatter 25 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo
9:00 Coffee & Chatter 28 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 29 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 30 9:30 Word Search 10:00 Walking 10:30 Game of Scrabble		

SENIOR CENTER ADVISORY BOARD MEMBERS:

President, Kim Freeman; President-Elect, Junior Johnson;
Wanda Harris; Robert Judd; Jeanette Klutts; Grace Quick; Lila Simpson; Sybil Walker
Ex Officio members, Carl Classen; Bill Eckler

SENIOR CENTER STAFF:

Angela Ezell, Director

Diane Allen, Nutrition Coordinator/Home-Delivered Meals Coordinator **Sandy White**, Nutrition Assistant
Mary Street, Food Service Supervisor **Carolyn Jamerson**, Food Service Assistant
Helen Hamilton, Alex Goodman, Title V Food Service Workers
Louann Camilletti, Senior Center Site Manager **Susan Toney**, Ellenboro Site Manager
Kay Aldridge, Henrietta Site Manager **Joyce Bailey**, Shingle Hollow Site Manager
Ron Atchley, Michael Carpenter, Ronnie Driver, Charles Hill, Meal Deliveries
Barbara Hill, Activity & Senior Games Coordinator **Crystal Upton**, Activity & Senior Games Assistant
Debbie Conard, Administrative Assistant/Transportation Coordinator **Michelle Smith**, Data Entry
Selena McEntrye, Title V Morning Receptionist **Lynn Scruggs**, Title V Afternoon Receptionist
Wanda Bland, Exercise Instructor **Frank Ensley**, Custodian **Lee Henderson**, Title V Custodian
Amideus Athougies, SHIP Counselor



RUTHERFORD COUNTY SENIOR CENTER
193 CALLAHAN-KOON RD, SUITE 132
SPINDALE NC 28160

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newsletter
electronically.
Just e-mail a
request to
[debbie.conard@
rutherfordcounty
nc.gov](mailto:debbie.conard@rutherfordcounty.nc.gov)